

TO BE BEAUTIFUL, PUNCH THE BAG, SAYS THIS ATHLETIC STAR

San Francisco, Cal.—Grace Patterson, a lover of outdoor sports, is becoming an enthusiast over bag punching.

"I have discovered," said Miss Patterson, "that punching the bag is not only a healthful and enjoyable exercise but that it tends to a muscular



Miss Grace Patterson.

development that enhances a woman's beauty. Women with shallow chests and undeveloped arms could improve their looks greatly by means of this exercise. Every woman loves a round, full neck and a plump, smooth chest with the bones well covered and the hollows filled in with hard, firm flesh.

The punching bag will accomplish this for the most frail person in the world if she will only exercise consistently, being careful not to overdo it. It rounds the arms, giving those alluring dimples at the elbows, along

with a good shoulder development.

Miss Patterson entertains a number of her girl friends in the basement of her home and by her remarkable exhibition of skill is winning many fair devotees to the sport of bag punching. In ruffneck sweater and 4-ounce gloves she attacks the bag with a vim that makes its clatter against the platform sound like volley-firing in a Mexican battle.

"I wear 4-ounce gloves," she says, "to protect my hands. Striking with lighter gloves would, in time, enlarge the hands, and this, for a lady, you know, would never do."

SURE!

In the census office at Washington acts against the law are recorded under a few main heads, such as murder, burglary, etc. A lady who was working there recently ran across the crime, "Running a blind tiger." After a puzzled moment she placed it under the list "Cruelty to Animals."—Argonaut.